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## Community Health News

Georgia Southern University

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# ***Misperception of Child's Body Weight***

May 15, 2015



A collaborative study including Dr. Andrew Hansen, assistant professor of community health behavior and education, and Dr. Jian Zhang, associate professor of epidemiology at the Jiann-Ping Hsu College of Public Health Georgia Southern University examine the [change in misperception of child's body weight among parents](#). Little is known about parental recognition of their child's overweight status over time. The aim of this study was to examine the prevalence of parental misperceptions related to preschool children's weight in the last two decades. Results from the study indicate there was a declining tendency among parents to perceive overweight children appropriately. Strategies are needed to explore how to encourage clinician

discussions with parents about appropriate weight for their child and strengthen capacity for childhood obesity prevention.

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# ***Fruit and Vegetable Consumption from the Perspective of Preschoolers***

May 15, 2015



A collaborative study led by Dr. Andrew Hansen, assistant professor of community health behavior and education at the Jiann-Ping Hsu College of Public Health Georgia Southern University, examines “[Preschool Children’s Self-Reports of Fruit and Vegetable Knowledge, Preference, and Messages Encouraging Consumption](#).” Fruit and vegetable consumption (FVC) is associated with a reduced risk of diabetes, obesity, cancer, and cardiovascular disease. Only one third of children aged 4-8 years consume the recommended 5 servings a day. Studies involving school-aged children (6-11 years) demonstrate that positive outcome expectancies can mediate FVC. There is a lack of similar studies involving preschool-aged (<5 years) children. The purpose of this study was to assess preschool children’s knowledge and preference of fruits and vegetables, messages they recall hearing related to FVC, and how they perceive these messages. Each child recalled an average of 2.27 messages associated with FVC. Positive outcome expectancies, negative outcome expectancies, and prompts were most frequently recalled. Statistically significant differences in knowledge, preference, and messages were observed based on income. Researchers concluded that children as young as age 4 years understand positive outcome expectancies. Experimental trials are warranted to determine if tailored expectancy messages mediate FVC among preschool children.

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